

Q'wemtsín HEALTH SOCIETY



Pesxqéltemc
June
2023

Happy Indigenous
Peoples Day!



Qwemtsin Health Society • 250.314.6732
130 Chilcotin Road, Kamloops BC, V2H 1G3
qwemtsin.org



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June Pesxqéltemc (Go to Higher Levels)

This is the month that the Secwepemc would start going to the higher levels to hunt, fish and pick whatever berries were ripe.

Yi7éne te méǵcen re Secwépemc m-nesnés te sqeltús es píxems, qítém ell m-ǵwlewem stémi tek speqpeq k tqwelǵwélt.

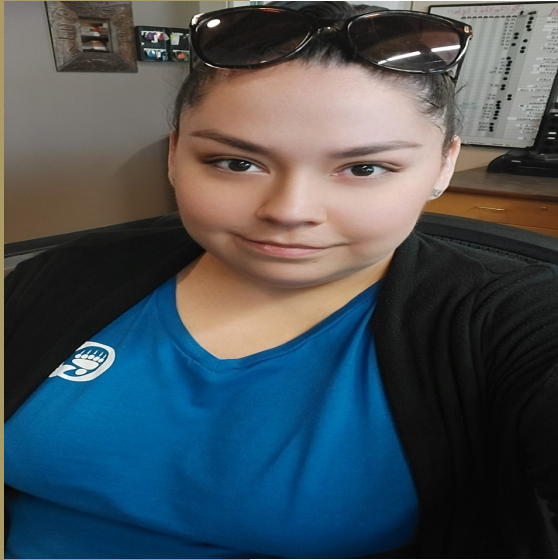
Q'wemtsin Health Society and Skeetchestn Health Center will be closed for Aboriginal Day.

Closed: Wednesday, June 21st

Reopened: Thursday, June 22nd

If you have any questions or concerns please contact QHS at 250.314.6732

Welcome to the Team!



My name is Tiffany Peterson, I'm a member of the Skeetchestn Indian Band. I'm the granddaughter of Leonard Francis and Elizabeth Billy. I was born and raised in Kamloops, B.C. I started working as the receptionist for Q'wemtsín Health Society at the beginning of February.

I have a beautiful daughter named Abigail and love spending time with my family. I look forward to working here with the amazing team at Q'wemtsín Health Society. Also, happy to have the opportunity to meet and help clients from the three communities.

Tiffany Peterson



I am pleased to announce that Speqmic (Tracey Strain nee Eustache) from the Secwepemc (Simpchw) and Syilx peoples has accepted the position of "On the land" Wellness Consultant. She currently lives in Tk'emlups te Secwepemc where she was born and raised.

Tracey brings with her an abundance of knowledge as well as institutional practice change experience that will serve her well in this new position.

She is a UBC alumni and completed her Masters of Social Work with a specialization in Community/International Development. Tracey brings a strong social justice lens to her work along with strong connections to many communities. Tracey has a great sense of humour and is also a softball champion!

When asked about her position, Tracey said:

As a proud Secwepemc/Syilx kyé7 I am honoured to be called upon to do this very important work. I will work hard to bring forward an "on the land" practice that will serve to heal our people.

I am excited and eager to get into the communities to start building a strategy that will be of the people for the people. Kukwstsétsemc!

Please join me in extending a warm welcome to Speqmic – *Tracey Eustache*.

The Naturopathic Alphabet

Submitted by: Dr. Melissa Bradwell, ND

CoQ10 is used for energy production by every cell in your body, and is therefore vital for good health, high-energy levels, longevity, and general quality of life. While it can be beneficial for virtually everyone, especially if you're seeking to combat the natural aging process, it's absolutely vital for those taking a statin drug (to lower cholesterol) to replenish that which is depleted by the drug. CoQ10 can also help protect your body from free radical damage. What you might not be aware of however, is that there are two forms of CoQ10, and the better, far more effective alternative is its reduced form, called ubiquinol.

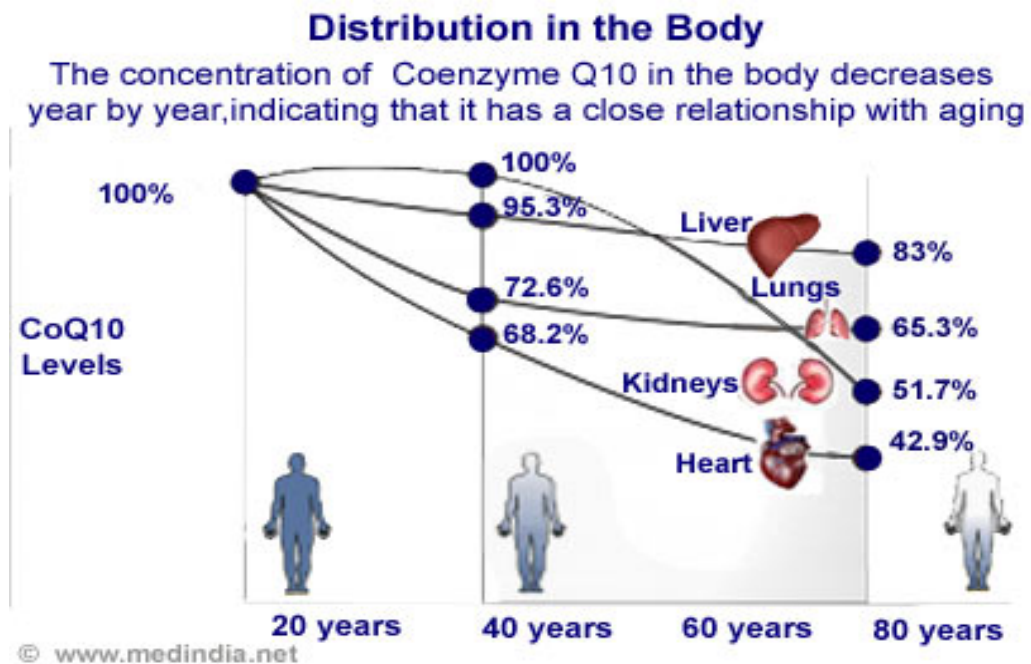
Ubiquinol vs CoQ10:

Ubiquinol is the form your body actually uses to achieve its benefits. Substantial research shows that if you are over 25, this reduced form is superior for your health in a number of ways. If you're under 25 years old, your body is capable of converting CoQ10 to the reduced form fairly well and the additional expense of purchasing the reduced form is unnecessary. However, if you're older, your body becomes increasingly challenged to convert the oxidized CoQ10 to ubiquinol.

Aside from aging, numerous other factors can also impact this conversion process, including:

Increased metabolic demand	Oxidative stress	Insufficient dietary CoQ10 intake
Deficiency of factors required for biosynthesis and ubiquinol conversion	Potential effects from illness and disease	Age-related changes in your genes

If you're over 40, it is strongly recommend you take ubiquinol instead of CoQ10 as it's far more effectively absorbed by your body. In every study conducted so far, ubiquinol has been shown to be far more bioavailable than the non-reduced form (CoQ10).



Some Common Uses for CoQ10:

- Immune Function: immune enhancement in those with immune suppression due to aging and chronic illness with CoQ10 supplementation
- Aging: Not only when taken orally, but also topical CoQ10 has also shown some benefit for skin health related to aging.
- Physical Performance: Supplementation could increase aerobic capacity and muscle performance.
- Cardiovascular Disease (CVD): CoQ10 deficiency has been detected in many individuals with various cardiovascular diseases, however, it is not clear if this deficiency leads to disease or is the result of the disease.
- Diabetes: CoQ10 supplementation may help with decreasing blood pressure and improving glycemic control in this population.
- Infertility: Low levels of CoQ10 have been found in sperm with low motility and abnormal morphology and CoQ10 can also benefit egg health in females who are starting a family later in life.

Dosage: *These are just guidelines. Please consult your healthcare provider for accurate dosing.

On a statin drug- at least 100-200 mg of ubiquinol or CoQ10 per day

5 FOODS INCREDIBLY RICH IN COQ10

Soybean
With ample amounts of CoQ10, protein and iron, soybeans improve metabolism and ease menopausal symptoms

Broccoli
Vast reserves of CoQ10, protein and vitamin C, broccoli lowers the risk of cancer and heart diseases

Peanuts
Peanuts rich in CoQ10 and healthy fats facilitate fertility and strengthen bones

Fatty Fish
Fatty fish naturally abundant in CoQ10, protein and calcium, promotes healthy vision and brainpower

Oranges
Packed with CoQ10, vitamin C and A, oranges bolster the immune system and keep diseases at bay

Starting dose for a healthy adult not on a statin drug- 200-300mg a day. Within a two- to three-week period your plasma levels will typically plateau to its optimum level. After that, you can go down to a 100 mg/day maintenance dose per day.

This dose is typically sufficient for healthy people. If you have an active lifestyle, exercise a lot, or are under a lot of stress due to your job or "life" in general, you may want to increase your dose to 200-300 mg/day.

If you would like to book an appointment with our Naturopathic Doctor please call QHS at 250.314.6732 or the Skeetchestn Health Clinic at 250.373.2580.

References:

http://www.ndhealthfacts.org/wiki/Coenzyme_Q10

<http://articles.mercola.com/sites/articles/archive/2013/11/03/coq10-vs-ubiquinol.aspx>



Q'wemtsin
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Circle of Life Program

Delivered by Community Health Nurses, The Circle of Life Program provides:

professional and confidential support, advocacy and guidance to child bearing women and their support system throughout the prenatal and postnatal period and beyond.

The Circle of Life Program offers:

- Pre/postnatal visits either in home or in office.
- A monthly gift card.
- Prenatal classes.
- Handheld breast-pump and other breastfeeding supplies.
- Access to hospital grade breastpump on loan.
- Safety equipment including:
 - An infant car-seat and Toddler carseat.
 - A baby gate.
 - Various assorted household safety items (cupboard latches, plug outlet covers etc).
- Access to childhood immunization services

Eligibility Criteria

The Circle of Life Program is provided to community members of Tk'emlups te Secwepemc, Skeetchestn Indian Band and Whispering Pines/Clinton Indian Band living on reserve.

For more information call QHS at
250.314.6732 or
Skeetchestn Health Center at
250.373.2580



qwemtsin.org



QHS 5-year Evaluation Survey Collection!

Please fill out a QHS 5-year evaluation form your name will be entered into a draw to win an Apple watch!!


All completed forms can be dropped off at QHS or the Skeetchestn Health Center for your chance to win!

For more information call:
Q'wemtsin Health Society at 250.314.6732
or call the Skeetchestn Health Center at 250.373.2580

Draw Date is
June 30th



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Review the [Hazard Information – Heat Stress resource](#) as part of this huddle

Heat stress occurs when the body gains heat faster than it can get rid of it and the body temperature increases past the normal range of 36°C – 38°C

- ✓ Health problems that arise from heat stress include:
 - ✓ Heat Rash
 - ✓ Heat Exhaustion and Cramps
 - ✓ Heat stroke
- ✓ Signs and symptoms of heat related problems include, but aren't limited to:
 - ✓ Itchy skin or rash
 - ✓ Muscle pain or spasms
 - ✓ Headache/dizziness
 - ✓ Cool, pale, clammy skin
 - ✓ Excessive sweating, or very hot skin with no sweating
 - ✓ Disorientation or loss of consciousness
- ✓ Multiple variables can contribute to the development of heat stress including:
 - ✓ Environmental Factors
 - ✓ Work Task Factors
 - ✓ Personal Factors

Safety Huddle Objective:

After this huddle, employees should understand what heat stress is, where to find information on the hazards of heat stress, and know how to respond to a heat related exposure

Discussion Questions:

1. What are some of the signs and symptoms of heat stress?
2. What are some variables that can contribute to its development?

- ✓ To help prevent the development of a heat related disorder, you can do the following:
 - ✓ Stay hydrated (avoid caffeinated beverages as they can cause dehydration)
 - ✓ Wear cool, loose fitting clothing when able
 - ✓ Take breaks to get out of the heat
 - ✓ Work in pairs or groups to keep an eye on each other; if anyone appears disoriented or confused, suffers inexplicable irritability, malaise or chills, ensure they are removed from the heat and given first aid immediately
 - ✓ Report any concerns to your manager/supervisor
- ✓ If you experience heat stress or any related health problems during the course of your work:
 - ✓ Get out of the heat and seek first aid
 - ✓ Report to manager/supervisor
 - ✓ Report to the Provincial Workplace Health call Center at 1-866-922-9464

Safety Huddle Objective:

After this huddle, employees should understand what heat stress is, where to find information on the hazards of heat stress, and know how to respond to a heat related exposure

Discussion Questions:

1. What are some of the controls that can be used to reduce the risk of heat related hazards?
2. What do I do if I experience heat stress or a related heat disorder?

Q'wemtsin Health Society Ladies Day

QHS hosted a Ladies Day for woman of the three communities that we provide programs and services to. As women we know the importance of womens health, our health! We thought hosting this event was a great way to connect with the women from our communities, it was a full house with all three communities represented.

We had various vendors booths along with QHS staff booths. Some booths were health and wellness related, while others were self-care booths, we even had an artisan market on site for the ladies of our communities.





Q'wemtsín
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Q'wemtsin Health Society 5-year Evaluation



QHS Board Members with James Pratt



Over the past few months QHS has undergone another 5-year evaluation. We started with community engagement sessions with all three of our communities, this allowed our clients, YOU, to have input in the services that are offered by Q'wemtsin Health Society. We then gathered our staff, contractors and board to review and discuss how we deliver these services to our communities. This evaluation is a great way to ensure we are delivering the best care to our communities and clients!



QHS Staff and Contractors with James Pratt

Margarita Burn and Sunlight

What is Margarita Burn?

Margarita Burn happens when the skin comes in contact with plants containing furanocoumarins while out in the sun. This organic chemical compound can be found in:

- celery
- carrots
- citrus fruits (most commonly limes)
- figs
- bergamot
- dill
- parsley
- parsnip

Once is diagnosed it's called "Phytophotodermatitis". Scarring and hyperpigmentation can occur for up to six weeks.

The Canadian Centre for Occupational Health and Safety has this information under its ultraviolet radiation tab: "Various plants such as carrot, celery, dill, fig, lemon and some types of weeds are known to cause photosensitivity. Exposure to fluids from these plants, especially if crushed, followed by exposure to sunlight can cause dermatitis. Citrus fruit handlers and vegetable harvesters, gardeners, florists and bartenders are at risk for experiencing dermatitis following exposure to certain plants and then to sunlight (phytophotodermatitis)."

Treatment

Mild cases of margarita burn can generally be treated at home that reduce the pain and shorten the duration of symptoms, like:

- Cold compresses.
- Anti-inflammatory medication, such as ibuprofen.
- Topical steroids.
- Topical antiseptics.

With warmer weather and summer approaching please be careful when consuming these fruits/ vegetables or drinks when in the sunshine.



Making Arnica Salve

Two of our QHS staff members Lindsie and Vinnita got together and made Arnica Salve. It was a not only fun but a great learning experience!



Arnica Salve is a natural and safe at home remedy for certain ailments. So what is Arnica Salve good for? Here are a few things you can use Arnica for:

- bruises
- sprains
- muscle aches
- wound healing
- superficial phlebitis
- joint pain
- inflammation from insect bites (should not be used on open wounds)
- swelling from broken bones



All the Arnica that was made was taken to our QHS Ladies Day and given out with our swag bags. Thanks to Lindsie and Vinnita!



National Indigenous History Month

June is National Indigenous History Month in Canada, a time to recognize the rich history, heritage, resilience and diversity of First Nations, Inuit and Métis. This is an opportunity to learn about the unique cultures, traditions and experiences of First Nations, Inuit and Métis. It's a time to honour the stories, achievements and resilience of Indigenous Peoples, who have lived on this land since time immemorial and whose presence continues to impact the evolving Canada.

Indigenous Peoples Day

What is National Indigenous Peoples Day?

June 21 is National Indigenous Peoples Day. This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples. The Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous peoples.

Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices and spiritual beliefs. The summer solstice, for National Aboriginal Day, now known as National Indigenous Peoples Day. For generations, many Indigenous peoples and communities have celebrated their culture and heritage on or near this day due to the significance of the summer solstice

We encourage our Non-Indigenous friends and allies to support, learn and educate yourself on Indigenous issues that matter to us.



National Indigenous Peoples Day

How to show support:

- Enjoy storytelling by picking up a book, attending a show, or watching a movie or listen to music from Indigenous Artists
- Download the Reconciliation: A Starting Point APP on your smart device
- Visit the National Centre for Truth and Reconciliation Commission
- Read documents from the National Inquiry on Missing and Murdered Indigenous Women and Girls

For more information about Indigenous Peoples Day please visit the Government of Canada Website.



canada.ca/national-indigenous-history-month
#NIPD2023

 Government of Canada  Gouvernement du Canada

Canada

Source: <https://www.rcaanc-cirnac.gc.ca>



Welcome to the newest Babies of Skeetchestn Community!





Q'wemtsin Health Society honored and recognized the newest babies in the Skeetchestn Community. This celebration is to honor not only the babies but also mothers, fathers, grandparents as well as Aunts and Uncles. Was a great evening with lots of smiles, love and laughter.



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15

QHS • SPECIAL EVENT



QHS MENS NIGHT

Friday, June 16, 2023

5:00 p.m. at The Dunes

652 Dunes Dr (Westside)

Enjoy a catered dinner & presentation
with an RCMP Drug Specialist.

Naloxone Training

Poker Tournament

Swag Bags

Door Prizes:

BBQ, Smoker, Battery Jumper + More!

For more information
or to arrange a ride,
call Q'wemtsin Health
Society:

250-314-6732



qwemtsin.org



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World Elder Abuse Day

June 15

ELDER ABUSE

What is it?

Elder abuse is violence or any other type of harm because of older age. It can be carried out by those who are close to older people, such as family and caregivers, or by social structures and institutions.

“My son persuaded me to sell my house to repay his debt...I agreed and now I'm left homeless.”
Woman, 70, Kyrgyzstan

4% reported

1 in 6 older women and men worldwide experience abuse.

Despite this, elder abuse remains invisible. Only 4% of elder abuse is reported.

Types of elder abuse

 <p>Physical</p> <p>Hitting, shoving, inappropriate use of drugs, restraints or confinement.</p>	 <p>Emotional</p> <p>Intimidation, humiliation, routine blaming, repeatedly ignoring the wishes of an older person or isolating them from friends or activities.</p>	 <p>Sexual</p> <p>Sexual harassment, sexual activity without informed consent, forcing an older person to watch sexual acts or to undress.</p>
 <p>Neglect</p> <p>Intentional or unintentional denial of food, water, shelter, clothing, assistance with daily living tasks and any other essential needs.</p>	 <p>Financial</p> <p>Using an older person's money or property, or making financial decisions, without their informed consent.</p>	<p>Elder abuse. See it. Expose it.</p>

Here are few resource numbers you can call:

Seniors Abuse and Information Line (SAIL)

The Seniors Abuse and Information Line (SAIL) is a safe, confidential place for older adults and those who care about them to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse prevention.

Toll-free: 1-866-437-1940 or 604-437-1940 in the Lower Mainland.

Available 8:00 am – 8:00 pm daily (excluding holidays).

Website: Seniors Abuse and Information Line

World Elder Abuse Day continued....

VictimLink BC

If someone is abusing or neglecting you or someone you know, you can call VictimLink BC. VictimLink BC is a confidential telephone service available across B.C. and Yukon 24 hours a day, seven days a week.

VictimLink BC provides information and referrals to all victims of crime, and crisis support to victims of family and sexual violence.

Toll-free: 1-800-563-0808

Email: VictimLinkBC@bc211.ca

Website: VictimLinkBC

Interpreter services are available in more than 150 languages upon request, including many North American Aboriginal languages.

Assisted Living Registrar

If you believe someone is being abused or neglected in an assisted living facility, contact the Assisted Living Registrar (ALR). The ALR investigates complaints about the health and safety of assisted living residents.

Call toll-free at 1 866 714-3378 or 250 952-1369 in Victoria.

Fax: 250-952-1119

Email: hlth.assistedlivingregistry@gov.bc.ca

Website: Assisted Living in BC

Community Care Licensing Offices

Community Care Licensing Officers investigate complaints about the health, safety or well-being of a person in care at a licensed community care facility. "Community care facility" is a facility that where adults reside and receive care: hospice (end of life care), mental health and substance use, long term care (also known as extended care or residential care), community living for people with developmental disabilities, and acquired injury.

Call Enquiry BC at 1 800-663-7867 and ask to be connected to your health authority's Community Care Licensing Office.

For more on licensed community care facility complaints, and contact information for licensing offices in your area, please visit:

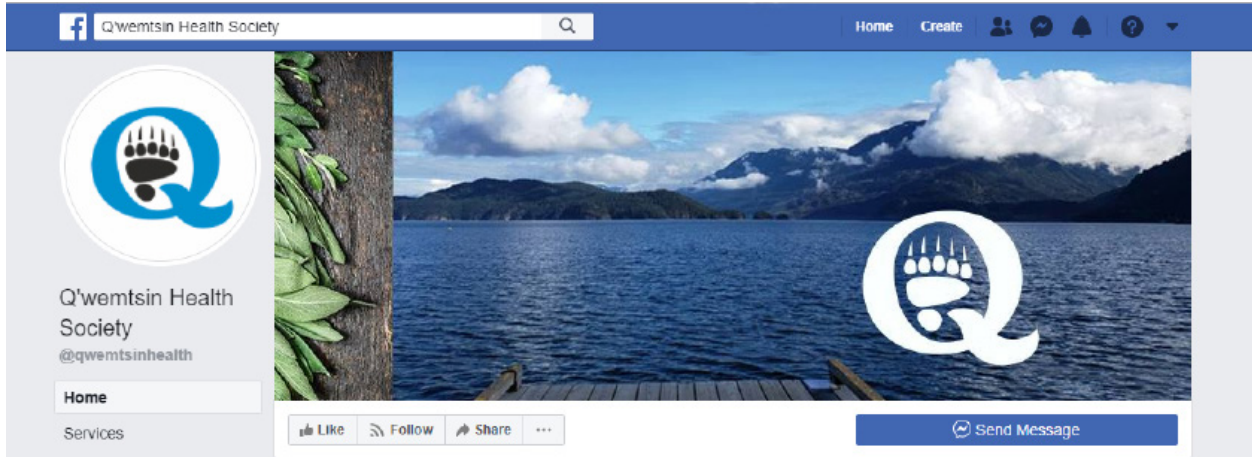
Ministry of Health: Community Care Licensing Complaints

**If you are experiencing
Elder Abuse please tell
someone you trust. Tell
another family member or
call your local authorities.
You are not alone!!**



**f Find us on
Facebook**

Find us "Qwemtsin Health Society" on Facebook. This is where you will see current events, workshops, reminders and photos of recent fun activities with youth and in the 3 communities.



Visit our Qwemtsin Health Society website

qwemtsin.org



mission



Advancing holistic health by providing programs, services, and education

vision



Healthy Secwepemc individuals, families and communities

Resource Numbers



Emergency Assistance

Ambulance/Fire/Police.....	911
Children's Hotline.....	310-1234
Kids Helpline.....	1-800-668-6868
Interior Crisis Line Network	1-888-353-2273 (depression, poverty, abuse, homelessness, suicide)
Kamloops Urgent Response Team.....	250-377-0088
Kamloops Mental Health Intake	250-377-6500
Kamloops Street Services	250-314-9771
Kamloops R.C.M.P. Victim Services	250-828-3223
Kamloops Y Emergency Services	
Y Women's Emergency Shelter	250-374-6162
Children Who Witness Abuse.....	250-376-7800
Outreach Service.....	250-320-3110 (Mobile service for women and children who have experienced abuse)
Native Court Worker.....	778-375-3289
First Nations and Aboriginal Specific Crisis Line. Available 24/7.	
Toll Free.....	1-800-588-8717
Youth Line.....	250-723-2040
Adult Line.....	250-723-4050
BC Poisen Control.....	1-800-567-8911

Aboriginal Services

Q'wemtsin Health Society	250-314-6732
Urban Native Health Clinic.....	250-376-1991
Secwepemc Child and Family Services	
153 Kootenay Way.....	250-314-9669
Toll Free number.....	1-866-314-9669
Interior Indian Friendship Society	250-376-1296
White Buffalo Aboriginal & Metis Society	250-554-1176
Secwepemc Cultural Education Society	778-471-5789
Native Youth Awareness Centre.....	250-376-1617
Aboriginal Training & Employment Centre	250-554-4556
Kamloops Native Housing Society	250-374-7643
Secwepemc HUB.....	250-571-1000
Shuswap Training & Employment Program	778-471-8201

RCMP

Tk'emlúps Detachment.....	250-314-1800
Kamloops City Detachment.....	250-828-3000 (Complaints General inquiries)
Downtown Community Policing.....	250-851-9213
North Shore Community Policing.....	250-376-5099
Southeast District	250-828-3111
TRU Law Legal Clinic.....	778-471-8490 (Free Legal Advice)

Addictions

Narcotics Anonymous.....	1-800-414-0296
Al-Anon/Alcoholics Anonymous	250-374-2456
Phoenix Centre.....	250-374-4684
Raven Program	250-374-4634
Sage Health Centre.....	250-374-6551
Smokers Health Line	1-877-455-2233
Alcohol & Drug Information & Referral Services	1-800-663-1441

Kamloops Walk-in Clinics

Summit Medical Clinic	250-374-9800
Kamloops Kinetic Energy	250-828-6637
Kamloops Urgent Care.....	250-371-4905
North Shore Health Science Centre	250-312-3280

Royal Inland Hospital

Information.....	250-374-5111
Admitting	250-314-2450
Emergency	250-314-2289

Aboriginal Patient Navigator (RIH)

Deb Donald	250-314-2100 (ext. 3109)
Cellphone.....	250-319-5420

First Nations Health Authority

Health Benefits (Toll Free).....	1-800-550-5454
Phone.....	1-604-693-6500
Toll Free.....	1-866-913-0033
Email.....	info@fnha.ca

